



# Congregation Dorshei Tzedek

An Affiliate of the Jewish Reconstructionist Movement

Tevet/Shevat 5779

January 2019

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Photo by Viv Shein



## From Slavery to Covenant: Six Weeks of ShOVeVIM

by Rabbi Toba Spitzer



**A** NUMBER OF weeks ago I learned of an interesting Jewish mystical tradition: that the six weeks of the year corresponding to the first six *parshiot* (Torah portions) of the book of Exodus (known by their acronym “ShOVeVIM,” standing for *Shemot-Va’era-Bo-Beshallah-Yitro-Mishpatim*) are a time for intensive reflection and fasting.

This year, those six weeks began on December 29 and continue through February 2. During the darkest and coldest part of the year, those who originally engaged in this tradition were seeking to do *tikkun*, to make repair. What I find interesting in this tradition is the notion of a need for deep self-reflection and even *teshuvah*, life change, in connection to the chapters of the Torah that recount the slavery in Egypt and the liberation from that slavery.

The book of Exodus begins with an account of the enslavement of the Israelites by a Pharaoh who feared this expanding population of “strangers” within the Egyptian kingdom. Enslavement soon

escalated to attempted genocide, as Pharaoh ordered his people to throw the baby boys of the Hebrews into the Nile. We then read about the birth of Moses, his early life, and his eventual encounter with the divine Power of Liberation at the burning bush. In the ensuing weeks, Moses returns to Egypt after having fled to Midian, confronts Pharaoh, bring plagues upon Egypt, and eventually wins the release of the Israelites. The ensuing chapters include the great mythic moments of our “master narrative”: the first Passover; the crossing of the Reed Sea; the communal encounter with God and the receiving of the *Aseret HaDibrot*, the “Ten Sayings” (otherwise known as “Ten Commandments”) on Mount Sinai.

This incredible narrative, one which has inspired and continues to inspire liberation struggles around the world, contains so many themes that continue to resonate. Oppression today is certainly as real as it was when the Torah was written, whether the literal economic and sexual slavery still experienced by millions of vulnerable people around the globe, or the enslavement of our hearts and minds to the insidious forces of racism, sexism, materialism, and more. But just as slavery is real, so is the potential for liberation.

And as the Exodus story makes clear, liberation is not simply “getting out of Egypt.” By describing the creation of a holy community predicated on the notion that our actions should be guided by Godly principles of *tzedek*, justice, and *chesed*, lovingkindness, the Torah teaches that real freedom entails commitment and dedication. That is why these six weeks culminate in the Torah portion *Mishpatim*, also called the “Book of the Covenant” by scholars. These chapters give instructions for the sanctification of everyday life, and imperatives for how we treat one another as members of a covenantal community.

How might we take on the “ShOVeVIM” practice today? Perhaps we can begin by committing ourselves to learning and thinking about the reality of slavery in our world, on whatever level that is meaningful for us. I often think about how while I do not literally own slaves, there are in fact many people around the globe laboring to “serve” me—to produce the clothes, appliances, foods, and other goods that I purchase so cheaply. I don’t know them, but in some way I am responsible for them, and for the degrading conditions that so

many of them are reduced to. What is the tikkun, the repair, that I can do to address this situation? There is also the urgent need for ongoing *tikkun* of the legacy of slavery in the United States, the many forms of racism that persist both in our social structures and in our hearts and minds.

Or perhaps we can do something to foster the Power of Liberation in our own little corner of the world. We might seriously consider taking on a spiritual discipline that will begin to free us from the ignorance, the anxiety or the cynicism that constrict our spirits and cloud our vision. We might commit ourselves to specific acts of *chesed*, lovingkindness, within the CDT community or in other communities of which we are a part. We might meditate on the “plagues” afflicting our society, our country, our world, and think about how our own actions contribute to those plagues, and what actions might help bring them to an end. For all of us, may these weeks of darkness and cold also be a time for reflection and insight, as seeds of redemption are planted that will sprout in the warmer months to come.



Photo by Viv Shein

## Rabbinic Liaison

**Rabbinic Liaisons:** While congregants are always welcome and encouraged to discuss questions or concerns directly with **Rabbi Toba** or **Rabbi Shahar**, there are other avenues through which to bring concerns. The Rabbinic Liaison Committee exists to ensure the maintenance of a good working relationship between **Rabbi Toba** and the congregation. Issues raised by congregants are discussed confidentially and, when appropriate, are shared with the Rabbi in a constructive manner. To discuss a question or concern, contact **Cindy Shulak-Rome, Rabbinic Liaison Chair** at [cbsrome@comcast.net](mailto:cbsrome@comcast.net). **Rabbi Toba**, as **Rabbi Shahar’s** supervisor, is the person to whom to bring any concerns relating to Rabbi Shahar and her work for the congregation.

## CDT

Dorshei Tzedek is a Reconstructionist Congregation dedicated to creating a caring and inclusive community, and to enhancing Jewish practice and learning in the lives of our members.

## Board

### Staff

Rabbi Toba Spitzer  
 Director of Congregational Learning: Rabbi Shahar Colt  
 Administrative Director: Marla Lichtman  
 Program Associate: Lidia Prueno  
 Inclusion Coordinator: Amira Shulman-Kumin

### Executive Committee

President: Lissy Medvedov  
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 VP Membership: Jamie Tessler  
 VP Education: Bill Shorr  
 VP Leadership: Rob Greenly  
 VP Tikkun Olam: Bob Warren  
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 Chesed: Elaine Landes  
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 Newsletter: John Holohan  
 Inclusion: Susan Nitkin & Abby Schwartz  
 Ritual: Marion Ross and Laurie Goldman  
 Rabbinic Liaison: Cindy Shulak-Rome  
 Space Liaison: Jen Kaplan  
 Website: Dan Halbert  
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## Newsletter

The CDT Newsletter is published monthly with a July-August summer issue. Email articles, events, and photos to [dtnews@dorsheitzedek.org](mailto:dtnews@dorsheitzedek.org). Usually the deadline is the 10th of the month for the following month’s issue.

**Volunteer Staff:** John Holohan (chair), Josette Akresh-Gonzales, Liz Holohan, Barbara Pittel, DB Reiff, Vivienne Shein (photographer), Amy Westebbe.

# Shabbat & Holidays

## ALL-AGES EREV SHABBAT

Friday evening, January 4, February 1, and March 1

6:00pm candle-lighting & potluck dinner,  
6:45pm service

Join us for this fun, musical, all-ages celebration of Shabbat! We begin with candle-lighting and the Shabbat blessings at 6:00pm, followed by a vegetarian potluck dinner (please bring a main dish or salad to share; drinks and dessert provided). Services begin at 6:45pm, and we end with Oneg Shabbat dessert at 7:30pm.

## CHANTING AND MEDITATION SERVICE

Saturday January 5, 9:45am-Noon

All are welcome to join Rabbi Toba and CDT member Karen Arnold for a service that will include song, guided and silent meditation, and Torah study. Enter into the deep rest of Shabbat in this contemplative service, as we explore themes of “constricted spirit” and paths to liberation, inspired by the Torah reading, Va’era. If possible, please arrive by 10am so as not to interrupt the meditative portions of the service. Torah study begins at 11:15am (and you are welcome to just come for this portion).

## HAVDALLAH SERVICE FOR NITZANIM/GAN FAMILIES AND FRIENDS

Saturday January 5, 6:00pm-7:00pm

End Shabbat in your PJs with prayers, stories, songs, cocoa and community! The evening is targeted to 3-6 year olds and their parents, though older and younger siblings are most certainly welcome. We will be sure to send everyone home for bedtime! Friends are welcome to join.

## SHABBAT MORNING TORAH STUDY WITH RABBI TOBA SPITZER

Saturday mornings January 12, February 9, March 9, 9:45am-Noon

All are welcome to explore the weekly Torah portion, with commentaries both traditional and modern. No text study experience necessary! Bring your own caffeinated beverage.

## SHABBAT SHIRA DINNER & MUSICAL KABBALAT SHABBAT

Friday evening, January 18  
6:45pm candle-lighting & dinner,  
8:00pm musical Kabbalat Shabbat

“Shabbat Shira” – the “Shabbat of Song” features the reading of the Song of the Sea in the book of Exodus, and has become a Shabbat to celebrate music and its liberating power. Back by popular demand, the evening will begin with a catered dairy dinner (vegetarian & fish, from our favorite CDT caterer, Kim Cox) followed by a musical Kabbalat Shabbat service led by **Rabbi Toba** and CDT musician **Tal Shalom-Kobi, Terry Traub, and Nathan Aronow.**

If you would like to attend the dinner, pre-registration is required. The link can be found on the CDT website; please sign up by January 10. The cost of the dinner is \$25 per person; kids are half-price, gluten- and dairy-free options are available. Please contact **Rabbi Toba** if finances are an obstacle to participation-- all who wish to attend will be able to!

## GOT SHABBAT? MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION

Saturday morning, January 19, 9:45am-Noon

“Got Shabbat?” is an opportunity for the whole community to gather and have fun, learn together, and explore new ways to cel-

Photo by Viv Shein



brate Shabbat. **This Shabbat, we will be celebrating the birthday of Martin Luther King, Jr. and exploring his legacy.** At 9:45am, we begin with songs and blessings, highlighting the music of the Civil Rights Movement. Adults and kids are then invited to choose from a panoply of activities until we gather again to read Torah and close the morning together. Workshops (beginning at 10:15am) include: Tot Shabbat for families with children ages 2-5; returning Got Shabbat activity leader Shira Moss with her drums; an arts project with Yiddish cultural artist Maddy Popkin; and special guest Rev. Alvan Johnson from Grant A.M.E. Church in Roxbury as our speaker in the main sanctuary. Kiddush lunch will follow!

## SAVE THE DATE!

Saturday February 9, 9:45am-Noon  
Sanctuary Shabbat

At this Shabbat morning service, we will be honoring CDT members who have been involved in our efforts in the Newton Sanctuary & Solidarity Collaborative, as well as other immigration solidarity work. During the Torah service, we will be welcoming special guest Rev. Gretchen Grimshaw of St Paul's Episcopal Church (the host of the Sanctuary Collaborative), who will share words of Torah with us.

UNLESS NOTED OTHERWISE, ALL SHABBAT PROGRAMS ARE HELD AT THE DORSHEI TZEDEK PRAYER SPACE: 60 HIGHLAND STREET IN THE SECOND CHURCH OF NEWTON, WEST NEWTON. SHABBAT MORNING SERVICES ARE HELD WEEKLY, STARTING AT 9:45 AM. FREE CHILDCARE IS AVAILABLE DURING SHABBAT MORNING SERVICES IN ROOMS 109-110. FOR THE COMFORT AND HEALTH OF OUR MEMBERS AND GUESTS, WE ASK EVERYONE ATTENDING OUR SERVICES TO AVOID WEARING FRAGRANCES (PERFUME, COLOGNE, HAIR AND BODY SPRAYS).

# Community & Events

## MAZEL TOV

To **Alli and Max Roberts**, on the birth and *brit milah* of **Ezra Adam Roberts**! Mazel tov also to Max's parents, **David Roberts** and **Sue Fischlowitz Roberts**, founders (and good friends) of CDT.

To **Maya Wilson** and **Jacob & Elliot Shumsky**, and their families, on become *b'nei mitzvah*!

## YAHREIT

This month we remember CDT members **Marty Bresnick**, whose 18th yearzeit falls this year on January 12, and **Mara Gibbs**, whose second yearzeit falls on January 18. We will be remembering Marty at Shabbat morning services on January 5, and Mara on January 19. May Marty's and Mara's memories be for a blessing.

## REFUAH SHLEYMAH

We send blessings for complete healing to **Lissy Medvedow** and **Shirley Milgrom**.

## MOURNING AT CDT

As a reference, CDT members have created the brochure "Finding Comfort, Giving Support: A Guide to Mourning at Congregation Dorshei Tzedek," available on the resource table in our sanctuary and on our website <http://dorsheitzedek.org/sites/default/files/managed/mourning-2010.pdf>.

## TODAH RABAH

Todah Rabah to everyone who helped with kiddush last month: **Marni & Tim Caputo**, **Karen & Jeffrey Arnold**, **Alison & David**

**Lobron, Susan Kaufman & Laura Schulz**, **Jerold Gelfand**, **Deb Albenberg & Audra Karp**, **Karen Engels**, **Tal Shalom-Kobi**, **Jeff Goldman**, **Elaine Landes** (Captain) & **David Felson**, **Dianne Lior**, **Frances Malino**, **Marjorie Salvodon** (Captain), in memory of **Luce Attignol & Rose Marie Salvodon**, & **Mark Schafer**, **Susan Moser**, in memory of her parents **Kayla and Izzie Moser**, **Idit Klein**, **Linette Liebling** (Captain), in memory of **Zelda Liebling**, **Judy Herzig-Marx & Chayim Herzig-Marx**, in memory of **Chiae Herzig**, **Ellen Pashall**, **Susana & Jaime Wurzel**, **Emily Sper** (Captain), **JoAnn & Michael Feldstein**, **Ellie Baron & Kate deBethune**, **Phoebe Cushman**, **Jonathan Weisberg** (Captain), **Jennifer Nichols & Jerold Gelfand**, **Stacey Chacker**, **David Schatz**, **Joel Auslander**, **Stephen Zisk**, **Amy Dain & Misha Dudnik**, **Stephanie, Nem, Rita & Sid Hackett**, **Rebecca Gutman**, **Marjorie Feld & Michael Fein**, **Michele Arons & Michael Brann**, **Becky Cohen & Jake Weinberg**, **Rebecca Pomerantz**

Todah Rabah to everyone who helped with the Chanukah party:

**Latke Makers**- who made 600 latkes!!  
**Susan Silberberg** (Captain and organizer!)  
**Janice Cole**  
**Ruth Paris**  
**Josh Brown & Rachel Keleman** (who made latkes even though they couldn't attend the party!)  
**Doug Hersh**  
**Edie Epstein & Michael Tsuk**

Plus, huge thanks to **Marla Cummins** and **Webster Pilcher** for helping in the cooking elective. To **Amira Shulman-Kumin**, our inclusion coordinator for general support and for connecting us with the **Honorable Menschen**, to the **Honorable Menschen** themselves for sharing their beautiful music, to **Rabbi Toba** for teaching Chanukah Torah, to **Rabbi Shahar** for leading the wet felting activity, and to **Lidia Prunte** for supplies preparation, clean up and leading the cooking elective.

Thank you to these CDT members who served as sanctuary companions with our Newton Sanctuary and Solidarity Collaborative in October and November:

**Annette Jacobs**, **Amy Mazur**, **Barbara Shatkin**, **Stacey Chacker**, **Cindy Marshall**, **Corinne Lofchie**, **Danielle Klainberg**, **Allison Andrews**, **Ellen Lubell**, **Sue Weil**, **Judith Havens**, **Lidia Prunte**, **Lisa Hirsh**, **Marcia Okun**, **Miriam Bronstein**, **Ramona Pollack**, **Pamela Rosenstein**, **Rachel Pytel**, **Sandy Goodman**, **Sarah Hartman**, and **Tatiana Meschede**. The mechanism for generating reports through the online scheduling platform (Sign-up Genius) may not be entirely accurate, so forgive me, if I missed your name. (Contributed by **Sandy Goodman**, CDT's sanctuary volunteer coordinator).

## JANUARY CDT COMMUNITY POTLUCK DINNERS

The next round of member-hosted potluck dinners will take place on Friday January 25 and Saturday January 26 at homes in

## Two Important Notes From Our Administrative Staff

**Meeting and program set up:** If you are holding an event or meeting at CDT and would like help with setup or assembling supplies, please email requests to **Program Associate Lidia Prunte** ([officeassistant@dorsheitzedek.org](mailto:officeassistant@dorsheitzedek.org)) at least two weeks in advance of the meeting. Thank you for understanding the need for advance notice!

**Storing congregant items & item donations:** Due to space constraints in the Second Church, CDT is not able to store items belonging to congregants. If you'd like to leave an item for another member to pick up, items can be kept for short periods of time (a few days) in the church's lost and found basket, next to the coat rack, by the Mass Pike entrance. And of course, you may always arrange to meet each other in the building to do your exchanges.

And while we really do appreciate the thought, if you have anything to donate to CDT, please ask **Administrative Director Marla Lichtman** or **Program Associate Lidia Prunte** if they are needed, before dropping anything off. Thank you!



# Community & Events

Newton, Watertown, Jamaica Plain, and Wellesley. Sign-ups will open during the second week of January, on the CDT Members' Sign-up page of the website. If you have not participated in the community potlucks they are a great way to meet new members and reconnect with old friends. Choose a dinner that works best for your location and schedule. New members are especially encouraged to participate!

## ANNOUNCING THE 2019 DORSHEI TZEDEK SOFTBALL TEAM: REGISTRATION

The CDT Men's Softball Team (the "Tzedekmen") is interested in recruiting new players to join the team for our 13th season! The softball team is open to all men who are CDT members, or a son of a member. The only age limit is you have to be at least 25 years old, which for the current roster, is an easy requirement to pass. What better time to think about playing softball in the spring than in the middle of winter? All rookies, free agents, or softball veterans considering coming out of retirement, are welcome to join.

CDT's Men's Softball Team is a member of the Men's Shul Softball League. The MSSL

([www.msslonline.com](http://www.msslonline.com)) has roughly 40 teams throughout Greater Boston, divided into 3 Divisions. The team plays an 8 game schedule (4 home and 4 away), on Sunday mornings from mid-April to mid-June, with playoffs starting at the end of June. Our home field is Forte Park in Nonantum, which is close to West Newton and Watertown. The 2018 Tzedekmen finished last year with a 2-6 record. That record landed the Tzedekmen in 15th place in the 21 team Single A Division.

For our new members: Home games are convenient to the Dorshei Sunday Hebrew School. It's possible to drop your child off at Hebrew School at 9:30am and get to the game for a 10:00am start. After the game, you could return to pick up your child by 12:00pm.

Coming to preseason practices at the batting cage, starting in late February, is a great way to meet the other guys on the team. Playing on the CDT Softball team gives men the opportunity to connect with other men in the congregation. Join and help the team make it into the playoffs so we can compete for the very prestigious Kiddush Cup trophy.

So don't let age be a barrier. If you are 55 or younger, you will actually bring the average age of the team down! Interested in joining the Tzedekmen?

Check out the MSSL website: <http://www.msslonline.org/> and the team's own facebook page: <https://www.facebook.com/CongregationDorsheiTzedekMensSoftballTeam/>. Registration is now open for the 2019 season. For more information, contact **Elliot Pittel**, HC of the Tzedekmen: [epittel@comcast.net](mailto:epittel@comcast.net)



Play for the Kiddush Cup Trophy!

## CDT FILM CLUB

*Saturday January 12 at the home of Tal Shalom-Kobi and Hayim Kobi. Potluck at 6:00 pm, movie starts at 7:00 pm, followed by discussion.*

**Hannah Arendt** (2013, 113 min., German, English, French, Hebrew, Latin)

A look at the life of philosopher and political theorist Hannah Arendt, who reported for The New Yorker on the war crimes trial of the Nazi Adolf Eichmann.

Potluck at 6:00 pm, movie starts at 7:00 pm to be followed by a group discussion. Feel free to come for any part of the evening. If you're coming to the potluck, please bring a main dish, salad or dessert to share (in consideration of members with dietary constraints, if you are making a dish with dairy or wheat that can be added later, ie. salad with cheese or croutons, please keep separate). Due to space constraints, this event is for members and their families.

We hope you can join us! Contact the co-chairs, **Stan Fleischman** and **Emily Sper**, [film-club@dorsheitzedek.org](mailto:film-club@dorsheitzedek.org), for more information or if you'd like to host a film. Future films and dates (subject to change):

February 16: Sand Storm

March 16: A Green Chariot

April 13: The Insult

May 11: In Search of Israeli Cuisine



2018 Tzedekmen with fans.

Please notify the Newsletter of life cycle events, significant accomplishments, or other moments you would like to share with the community.

# Religious School Notes

## A WINDOW INTO SOME OF OUR RELIGIOUS SCHOOL CLASSES

*Kitah Dalet* has been studying the stories of Abraham and Sarah. In December they explored how Abraham and Sarah made their angelic guests feel welcomed, and the students talked about ways that they themselves can make other people feel welcome. As a supplement to this unit, they had CDT Member and Sanctuary core leader **Danielle Klainberg** come visit the class to share about our congregation's role in welcoming a family into sanctuary in Newton. After Danielle left, as part of the class' work on welcoming guests, the student wrote letters of welcome and friendship to the family.

One of the sweetest moments to witness in religious school this year is when *Kitah Hey* (5th grade) joined their buddies in *Nitzanim/Gan* (pre-K/Kindergarten). The two classes have been coming together for Hebrew practice games and holiday activities.

Pictured above: *Kitah Hey* with their buddies in *Nitzamin/Gan*. Below: *Kitah Dallet* talks with Danielle Klainberg



## Learning



Weaving by Phyllis Kantor. Photo by Viv Shein

### MINDFUL MORNINGS

Thursday mornings, 8:30-9:15 am  
60 Highland Street: Library

This weekly gathering combines guided and silent meditation to develop our capacity for mindful awareness, helping us cultivate qualities of patience, gratitude, clarity and compassion. On the first Thursday of each month, Karen Arnold leads a meditation based on the weekly Torah portion, and Rabbi Toba leads the meditation on the second Thursday of each month. Other group members lead the meditation on other mornings. All are welcome, whatever your level of meditation experience (or lack thereof!).

### UNDERSTANDING RACE: Program for parents

Sunday January 6, 10:30am-11:45am  
JCDS, 60 Stanley Street, Watertown

Join with other parents and folks from the Understanding Race group at Dorshei Tzedek to explore why it's important to talk with children about race and develop strategies for developing anti-racist minds.

# Tikkun Olam

## BOOK DONATION PROJECT FOR THE PRISON BOOK PROGRAM

CDT members are invited to participate in a book donation project to provide books specifically requested by individuals in prison, in letters sent to the Prison Book Program in Quincy. We will be receiving 25 letters requesting specific books or types of books and will purchase books to meet the requests. You can participate in two ways. You can contribute funds to buy books (typically adds up to \$20-\$25 for each letter but any amount would be welcomed) or read a letter and order the books yourself which you think will match the request. The prisons have strict restrictions on the types of books they will accept. Hardcover books and books that are not in good condition are not permitted. Our goal is to deliver the books to the Prison Book Program during the week of January 21 (Martin Luther King Day).

If you would like to participate in this project, please email **Denise Yurkofsky** at [yurk@comcast.net](mailto:yurk@comcast.net) and let her know which way you'd like to participate (financial donation vs. ordering books yourself). If you want to learn more about this project, please contact Denise at [yurk@comcast.net](mailto:yurk@comcast.net) or 508-688-2209. The Prison Book Program is a charitable organization and Tax Donation Receipts are available. To learn more about the Prison Book Program, check their website at [www.prisonbookprogram.org](http://www.prisonbookprogram.org).

## STUDY SESSION ON JEWISH AND DEMOCRATIC ISRAEL

Wednesday January 9, 7:30pm  
60 Highland Street, Room 111

The CDT Israel-Palestine Peace working group (ippeace) will host the first of three study sessions focusing on the question of a Jewish and Democratic Israel. The study group will discuss the implications of the new Nation-State bill, the role of religion

in a Jewish/Democratic Israel, the rights of non-Jews in Israel, and the effects of the Jewish/Democratic challenge on political solutions to the Israeli-Palestinian conflict.

## JOIN THE JERICHO WALKS IN BURLINGTON, MA

Every third Tuesday of the month at 1:00pm

March in Solidarity with those being mistreated by an inhumane immigration system. The Jericho Walk is a silent interfaith prayer and act of solidarity. The walk draws inspiration from the Battle of Jericho, in which the community marched around the city of Jericho seven times, causing the city



Amy Mazur (second from right) at the November walk.

walls to fall. "The Jericho Walk of today is a silent, peaceful, and prayerful walk to bring down the walls of our unjust immigration system and is open to people of all or no faiths." Walks take place at the ICE offices in Burlington, MA, 1000 District Avenue, Burlington, MA, 01803. The next walk is on Tuesday, January 15 at 1:00 pm. (An easy way to remember is "3-2-1" for "third week-second weekday-at 1pm.") For anyone interested in taking part and carpooling from Newton, or for additional information, feel free to contact **Amy Mazur** at [acmazur@comcast.net](mailto:acmazur@comcast.net).

Jericho Walks are sponsored by BIJAN - Boston Immigration Justice Accompaniment Network ("Beyond"). BIJAN Values:

\* We honor people's dignity and choices in a system that denies dignity and choice.

\* We expect messiness, confusion, and discomfort, and we also choose courage and trust.

\* We judge the system, not people.

\* We fight for one another as family, because we are.

For more information about BIJAN visit: [bit.ly/BIJANflyer](http://bit.ly/BIJANflyer)

## SAVE THE DATE: JEWISH PERSPECTIVES ON BDS

Sunday February 10 at 7:00pm

60 Highland Street, Room 111

The CDT Israel-Palestine Peace working group (ippeace) will host a conversation about "Jewish Perspectives on BDS," both for those who missed last year's session on this topic and those who want to continue the discussion. These events are open to all members of CDT, and readings for both sessions will be sent in advance.

## OPEN MEETING WITH GBIO ORGANIZERS

January 23, 7:30pm-9:00pm  
60 Highland Street

CDT and GBIO (Greater Boston Interfaith Organization) have had a 20 year relation-

ship! GBIO takes on key issues for our community such as affordable housing, health care, and criminal justice reform. With so many important successes these past years, it's time to re-evaluate and strengthen our relationship. On Jan. 23, GBIO's new organizers, Kathleen Patron (lead) and Zienab Abdelgany, will meet with CDT's Tikkun Olam committee and board to share more about GBIO today. We will learn what GBIO is up to and explore models of engagement for our congregation, past work together and new ideas from CDTers. It promises to be an outstanding evening of learning and dialogue for moving forward. All are welcome to attend- whether this is your first or fiftieth GBIO related event!



# Inclusion

## INCLUSION COMMITTEE

by Susan Nitkin

As the CDT Inclusion Committee prepares to launch a Mental Health Initiative, I'd like to share some thoughts. In addition to being co-chair of the Inclusion Committee, I'm a long-time member of the Chesed Committee, which is dedicated to promoting acts of lovingkindness, and providing support and practical help during times of need by facilitating connections between members of our community. Within the past year the Inclusion Committee has been wanting to specifically address inclusion as it relates to mental illness. Mental health is very special to inclusion, because in addition to needing acts of lovingkindness, many people coping with mental illness and/or loneliness turn to spirituality and their own cultural and spiritual practices for healing. Therefore, social connections and feeling included within one's spiritual community can be instrumental in addressing a personal crisis. Just last week a fellow congregant who had been planning to join a group of Inclusion

Committee folks at an event told me that it would be too challenging and stressful for

**"I was reminded that as a community it is incumbent upon us to not only treat those within our midst with kindness, but to look around and notice who is not there."**

her to rely on herself to get out and be away from home for more than an hour, and she was having trouble making it to services, so she didn't think she would be able to continue participating in the Inclusion Committee. I offered to sometimes pick her up

and take her to services, which for me felt like a simple thing to do, but for her was so significant that she gathered the strength to attend the Inclusion event. The beautiful thing was that this person opened her heart a little bit to tell me about her difficulties, which gave me the opportunity to reach out in a spiritual embrace. I thought back to difficult times in my life when I felt alone and might have left, but someone pulled me back in. I began to wonder; how many people have felt, or are feeling, like they need this kind of help, and we don't know it? I was reminded that as a community it is incumbent upon us to not only treat those within our midst with kindness, but to look around and notice who is not there.

More to come on this topic in future newsletter articles!

Inclusion co-chairs:  
**Susan Nitkin, Abby Schwartz**  
[access@dorsheitzedek.org](mailto:access@dorsheitzedek.org)

## SAVE THE DATE 2019 CDT RETREAT

Camp Yavneh, New Hampshire, June 14-16

CDT's bi-annual retreat weekend is happening this June! Come celebrate Shabbat, get to know other CDT members, enjoy the lake, fabulous activities and great food – stay tuned for registration details!





# Chesed



Accepting Chesed triggers that Pay It Forward feeling, that flow of abundance, caring and gratitude for some of life's most delicate moments.

Accepting Chesed creates a special shared moment as part of building our caring community. Some of the most dedicated Chesed givers have been Chesed receivers.

The Chesed Coordinators for January 2019 are **Gail Pressberg, Beth Green** and **Eileen Morrison**. Contact them at [chesed@dorsheitzedek.org](mailto:chesed@dorsheitzedek.org).

The Chesed (Loving-Kindness) Committee coordinates our congregation's response to a member's life cycle event such as a birth or adoption, illness, or death. Our goal is to build connections that strengthen our caring community by encouraging gestures of practical comfort and caring to acknowledge each other's life transitions and stressful times.

## REASONS FOR ACCEPTING CHESED

by Ellie Goldberg

Do you have an easier time giving than receiving? Have you been reluctant to participate as a recipient of Chesed?

We know that some members can rely on a large circle of family and friends that provide meals, rides, errands and other comforts when one of us has a life changing event, happy or sad. Some members may decline offers of Chesed because they worry they will be obligated to reciprocate (not!) or feel uncomfortable needing help. Some members are just too busy! That's okay.

However the Chesed Committee is dedicated to making the spirit of Chesed manifest in our community so, while we are grateful for all the givers, we offer these reasons to encourage being a receiver.

Accepting Chesed gives others an opportunity to perform a mitzvah, to offer comfort or joy, to show compassion, kindness and respect.

We use the LotsaHelpingHands (LHH) website to facilitate the match between the recipient and one or two volunteers. We encourage all members to sign up for our LHH community, "Chesed at CDT" at <http://tinyurl.com/SignUpLHH>.

Chesed Q&A: What Do the Shiva and Chesed Committees Do? <https://tinyurl.com/Shiva-Chesed>

To join the Chesed Committee contact Chesed Committee Chair **Elaine Landes**, [elainefelson@gmail.com](mailto:elainefelson@gmail.com)

**Rabbi Toba** is available to talk about any spiritual, religious or personal issues that you might want to discuss. To schedule an appointment, please contact her (confidentially) at [rabbi@dorsheitzedek.org](mailto:rabbi@dorsheitzedek.org) or 617-965-0330. **Rabbi Shahar Colt**, our Director of Congregational Learning, is also available and can be contacted at [dcl@dorsheitzedek.org](mailto:dcl@dorsheitzedek.org). She does not check email or voicemail on Shabbat (Friday evening through Saturday evening) or on Mondays (her day off). For congregants experiencing financial difficulties, help is available through the Rabbi's Discretionary Fund. This fund is completely confidential.

# CDT Calendar

# January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 30	DEC 31	1	2	3	4	5
		Office Closed		<b>Mindful Mornings</b> 8:30am to 9:15am 60 Highland Street: Library  <b>New Wise Aging Meeting</b> 60 Highland Street: Living Room (Parlor) 7:00pm - 9:00pm	<b>All-Ages Erev Shabbat Service/Potluck</b> 6pm to 7:30pm 60 Highland Street: Kitchen, Fellowship Hall, Sanctuary	<b>Chanting &amp; Meditation Service</b> 9:45am to 12:00pm 60 Highland Street: Library  <b>Havdallah Service for Nitzanim/Gan Families</b> 6:00pm to 7:00pm 60 Highland Street: Library
6	7	8	9	10	11	12
<b>Religious School Gr. 1-7</b> 9:30am to 12:00pm JCDS: 57 Stanley Ave, Watertown, MA  <b>Teaching Our Children About Race &amp; Racism</b> 10:30am to 11:45am JCDS: 57 Stanley Ave, Watertown, MA  <b>Parenting Your 'Tween Through a Jewish Lens</b> 7:30pm to 9:00pm 60 Highland Street: Library		<b>Exploring the Bible</b> 10:30am to 12:30pm 60 Highland Street: Sanctuary  <b>Religious School Gr. 3-6</b> 3:45pm to 5:45pm 1326 Washington St. West Newton, MA	<b>Study Session on Jewish Democratic Israel</b> 7:00pm 60 Highland Street: Room 111  <b>CDT Sustainability Meeting</b> 7:00pm 60 Highland Street: Sanctuary	<b>Mindful Mornings</b> 8:30am to 9:15am 60 Highland Street: Library		<b>Shabbat Morning Torah Study with Rabbi Tobah Spitzer</b> 8:45am to 9:40am  <b>Shabbat Morning Service</b> 9:45am to 12:00pm  <b>CDT Film Club</b> 6:00pm
13	14	15	16	17	18	19
<b>Religious School Nitzanim/Gan - Gr. 7</b> 9:30am to 12:00pm JCDS: 57 Stanley Ave, Watertown, MA  <b>Religious School Staff Meeting</b> 12:15pm to 2:30pm JCDS: 57 Stanley Ave, Watertown, MA		<b>Exploring the Bible</b> 10:30am to 12:30pm 60 Highland Street: Sanctuary  <b>Religious School Gr. 3-6</b> 3:45pm to 5:45pm 1326 Washington St. West Newton, MA		<b>Mindful Mornings</b> 8:30am to 9:15am 60 Highland Street: Library  <b>New Wise Aging Meeting</b> 60 Highland Street: Living Room (Parlor) 7:00pm - 9:00pm	<b>Erev Shabbat Shira Dinner</b> 6:45pm Candle lighting 7:00pm Catered Dinner 8:00pm Musical Kabbalat Shabbat  <b>Erev Shabbat Shira Service</b> 8:00pm to 10:00pm 60 Highland Street: Kitchen, FH, Sanctuary	<b>Got Shabbat? (Including Tot Shabbat) - MLK themed</b> 9:45am to 12:00pm
20	21	22	23	24	25	26
		<b>Exploring the Bible</b> 10:30am to 12:30pm 60 Highland Street: Sanctuary  <b>Religious School Gr. 3-6</b> 3:45pm to 5:45pm 1326 Washington St. West Newton, MA	<b>GBIO and CDT</b> 7:30pm 60 Highland Street: FH	<b>Mindful Mornings</b> 8:30am to 9:15am 60 Highland Street: Library  <b>Understanding Racism Meeting</b> 7:30pm to 9:00pm	<b>Erev Shabbat Community Potlucks</b> 7:00pm CDT Members' Home	<b>Shabbat Morning Service</b> 9:45am to 12:00pm
27	28	29	30	31	FEB 1	FEB 2
<b>Religious School Gr. 1-7</b> 9:30am to 12:00pm 57 Stanley Avenue, Watertown, MA	<b>New Wise Aging Meeting</b> 60 Highland Street: Living Room (Parlor) 7:00pm - 9:00pm	<b>Exploring the Bible</b> 10:30am to 12:30pm 60 Highland Street: Sanctuary  <b>Religious School Gr. 3-6</b> 3:45pm to 5:45pm 1326 Washington St. West Newton, MA		<b>Mindful Mornings</b> 8:30am to 9:15am 60 Highland Street: Library  <b>Exploring Exodus</b> 7:15pm to 9pm Location TBA	<b>All-Ages Erev Shabbat Service/Potluck</b> 6pm Candle lighting and dinner 6:45pm Service 60 Highland Street: Kitchen, FH, Sanctuary	<b>Shabbat Morning Service</b> 9:45am to 12:00pm  <b>Tot Shabbat</b> 10:45am to 12:00pm Room 111  <b>Sanctuary Companions Meeting</b> 1:30pm to 3:00pm Living Room (Parlor)

Unless noted otherwise, all programs are held at the Dorshei Tzedek prayer space: 60 Highland Street in the Second Church of Newton, West Newton.

# Nediv Lev

## CONTRIBUTIONS

There are many ways to financially support Congregation Dorshei Tzedek, including contributions to the General Fund or to targeted funds. The Rabbi's Discretionary Fund is not part of the congregation's operating expenses. Monies in this fund are used for tzedakah in the greater community, for special needs of the congregation (e.g., to buy books or help pay for an adult education program), and, most important, to help out congregants in need. The Jill Volk Teacher Development Fund provides scholarships for teachers in the Dorshei Tzedek Religious School to receive professional development and training. Jill was one of the founders of our school and one of its first teachers; this fund allows her love of Jewish learning to continue to enrich our community.

We gratefully acknowledge the following contributions.

## GENERAL FUND

Ellie Goldberg—*My Aunt Leola Michaels, and my father-in-law Sampson Goldberg*

Steffi and Eric Karp—*In honor of the birth of Gabriel Jonah Cutler*

Christopher Combest—*With thanks to the CDT community for being so welcoming*

Rabbi Toba Spitzer

Sue Fischlowitz and David Roberts

Fisher Gomberg Family—*In memory of Isadore Mendel*

Linette Liebling

## RABBI'S DISCRETIONARY FUND

Haralie Alpert—*Mazel tov to Ellen Hemley and Mark Bronstein on the marriage of their daughter Rachel to Phillip Gordon*

## SUPPORT CDT THROUGH AMAZON.COM

Buy your books, electronics, and whatever else, and support CDT at the same time! CDT is an Amazon Associate. When you click on the Amazon link on the bottom of the CDT home page at [www.dorsheitzedek.org](http://www.dorsheitzedek.org), a portion of any purchase you make will be contributed to Dorshei Tzedek. It's an easy way to support the congregation while doing the online shopping you were planning to do anyway.

## KIDDUSH ASSIGNMENTS

**January 4 All-Ages Erev Shabbat Service/Potluck:** Tal Shalom-Kobi (Captain) / Liz Reisberg / Karen Leitner / Laura Katz

**January 5 Chanting & Meditation Services:** Beth (Captain) & Jeffrey Green / Elaine Bresnick, in memory of Martin Bresnick, & David Adler / Sharon Sevranksy, in memory of Betty Baum

**January 12 Shabbat:** Sue Lanser & Jo Radner (Captain) / Janice Cole / Lauren Gibbs, in memory of Mara Gibbs, & Pat Kook Gibbs

**January 18 Erev Shabbat Shira Service:** Sandy Goodman (Captain) / Sue Weil

**January 19 Shabbat:** Susan Nitkin (Captain) & Jeff Marcus / Abby Schwartz / Annette Jacobs / Madeline Steinberg in memory of Anne Glazer, & Mitch Feuer, in memory of Glenda Feuer / Andrew Garnett-Cook

**January 26 Shabbat:** Cliff Cohen (Captain) / Vivienne & Norman Shein / Deborah McEwan

**February 2 Shabbat:** Corinne Lofchie (Captain) / Jeff Kichen / Laya Steinberg, in memory of Victor Steinberg, & Bruce Miller

**Kiddush Note:** The complete kiddush and holiday assignment schedule is available in the members' calendar on our website. **Please remember to sign-in to the site to access the calendar as well as all member-specific information.** When notified of your dates, please be sure to put them into your personal calendars. The whole congregation counts on your participation in kiddush and each assigned person is needed and expected to show up. Thank you!

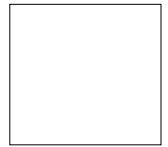
**Parents of students in 5th, 6th, 7th and 8th grades,** who generally help out with B'nei Mitzvah kiddush, ushering and sanctuary clean-up, can primarily find their names listed on B'nei Mitzvah dates.

**No Fragrances, Please.** So that Dorshei Tzedek events are accessible to all of our members and guests, we ask that people refrain from wearing fragrances (perfumes, scented oils, colognes, etc.) to all CDT events. While pleasant to some, fragrances can cause illness to those who are chemically sensitive. Thank you for your understanding and flexibility.





**Congregation Dorshei Tzedek**  
60 Highland St.  
West Newton, MA 02465



Address correction requested



# Stop the Presses!



CDT members having fun with Hebrew type at a local printmaking studio.